

Dr Ben Grey, Senior Lecturer, Postgraduate Programme
Director, Chartered Psychologist and Social Worker



- ✦ **Senior Lecturer and Programme Convenor, Attachment Studies, Department of Psychology, University of Roehampton (2018 -):** I am responsible for developing, co-ordinating and teaching on the pioneering MSc programme in Attachment Theory, Research and Practice I also teach on other Psychology and therapeutic training programmes in the department, including the Psychology Doctoral programme, and supervise PhD students. Prior to appointment, I was a visiting lecturer on the attachment programme (2012-2018).
- ✦ **Research Interests:** include caregiving (including developing and researching the Meaning of the Child Interview: www.meaningofthechild.org), the use of attachment procedures in child welfare settings, narrative story stem techniques with children, and the relationships of autistic children and their parents.
- ✦ **Advisory Editorial Board Member** of the journal *Human Systems: Therapy, Culture and Attachment*.
- ✦ **Co-director, Cambridge Centre for Attachment (2012 -)** Our work specialises in the integration of evidence-based, researched methods of assessing attachment and family relationships, with assessment & intervention in child welfare practice. I have been trained in a full range of research validated procedures assessing the relationships of adults and children, from birth to adulthood (see below). I no longer conduct direct assessments, focussing on consultancy, mentoring and training. We support local authorities, CAMHS services, OT practices, as well as individual practitioners.
- ✦ **Trainer.** I have conducted training for CAF/CASS, NAGALRO, BAAF, NHS trusts, Local Authorities, and at conferences, on attachment and other areas of professional practice. I teach the MotC internationally and coordinate a multidisciplinary network of professionals using the MotC in their practice and research. I am licenced to teach the Child Attachment and Play Assessment (www.the-CAPA.com), a projective story-based assessment of attachment, mentalising and play in children.
- ✦ **Founder member of the International Association for the Study of Attachment (IASA) (www.iasa-dmm.org)**

Qualifications

- ✦ **PhD in Psychology, University of Roehampton, 2014**
- ✦ **MA in Social Work with Distinction, Warwick University, 1997**
- ✦ **Diploma in Social Work (CCETSW), 1997 – Professional Qualification**
- ✦ **MSc in Psychology (conversion award) with Distinction: Manchester Metropolitan University, 2020**
- ✦ **BA (Honours) in Philosophy, Politics and Economics, Oxford University, 1992**
- ✦ **Fellow of the Higher Education Academy (FHEA), reference number: PR169199**
- ✦ **Member of CoramBAAF Adoption & Fostering Academy and CoramBAAF legal and research groups**
- ✦ **Chartered Psychologist Member of the BPS, and a Social worker, registered with Social Work England**

Previous Employment

- ✦ **Expert Witness (Family Courts):** From 2002 - 2019 I frequently reported in Family Court Proceedings as an expert witness in matters relating to attachment, parenting, risk assessment, family relationships, contact in private and public law, and other decisions relating to children.
- ✦ **Therapeutic Assessments and Interventions Manager, Family Care (2008 – 2012)**
I managed a skilled, multi-disciplinary team conducting expert assessments and therapeutic interventions in Family Court Proceedings and related matters. I was also responsible for the development of evidence-based practice throughout the organisation (a voluntary sector childcare organisation working across all areas of need) and for the quality assurance of court reports.
- ✦ **Children's Guardian and Reporting Officer (2000 – 2008)**
Self employed Contractor to the Children and Families Court Advisory and Support Services (CAF/CASS) from its inception in 2001-2008, Member of the West Sussex GALRO 2000 - 2001.
- ✦ **Hampshire County Council (1997 – 2000) and Hampshire's Adoption Panel (North Hampshire Panel)**
Children and Families' Social Worker for the team that covered the busy Leigh Park area, Havant
- ✦ **Hertfordshire Autistic Community Trust (1995 – 1997)**
Residential Social Worker for autistic young adults
- ✦ **Member of the NAGALRO Council, and Company Director of NAGALRO**
NAGALRO (www.nagalro.com) is The Professional Association for Family Court Advisors and Independent Social Work Practitioners and Consultants seeking to promote standards in this field. I am a former member of the editorial board of the NAGALRO's journal 'Seen and Heard'.

Research and Knowledge Exchange

The Meaning of the Child Interview and Network

I developed, and conducted the validation study of the *Meaning of the Child Interview* (MotC: Grey 2014, Grey and Farnfield 2017a, 2017b), a procedure for classifying parenting interviews in order to understand parent-child relationships. This is now part of the pioneering University of Roehampton's attachment programme, and is taught internationally. I am involved in providing ongoing support and consultancy to social workers, psychologists, therapists and other professionals in this procedure, having set up a network of those using and researching the MotC (see also www.meaningofthechild.org).

Training and Consultancy

I offer and have offered training and consultancy on the application of attachment theory to social work, therapeutic, and educational settings, including NHS trusts, local authorities, voluntary organisations, professional bodies, and private organisations, including BAAF, NAGALRO, Milton Keynes Social Services, London Borough of Wandsworth and Action for Children, as well as directly through my own organisation, Cambridge Centre for Attachment (www.attachment.services). I am due to teach on the Attachment Narrative Therapy programme.

I have presented at many conferences, nationally and internationally, including the International Association for the Study of Attachment (IASA) conferences in Bertinoro, Italy (2008), Cambridge (2010) and Frankfurt (2012), and the World Association of Infant Mental Health (WAIMH) Congresses in Edinburgh (2014) and Rome (2018).

Collaborations

Dr Pat Crittenden, Family Relations Institute, Miami, former pupil of Mary Ainsworth, now herself an international authority on attachment, developer of the Dynamic Maturational Model of Attachment (DMM). I helped develop a protocol for assessing attachment in adults and children in Family Court proceedings, through IASA (the International Association for Study of Attachment). The protocol was tested over a 4-year period, involving reports submitted to 15 judges in 5 different countries internationally. I am co-author of the resulting paper (see below), as well as 2 further papers studying the use of the DMM-AAI in forensic settings.

Dr Stephen Farnfield, former programme director in Attachment Studies, Roehampton University, and editor of the Routledge Handbook of Attachment. I helped develop and validate the Child Assessment of Play and Attachment (CAPA: Farnfield 2016, www.the-capa.com), as well as participating in ongoing research.

SAFE Project: I am currently involved in the feasibility study of SAFE (Systemic Autism-related Family Enabling, McKenzie et al. 2020), a project working systemically with families of a child with Autism, collaborating with Dr Becky Stancer (McKenzie) and the SAFE team. Application is underway for a national trial.

Assessment of Parenting and Risk

I have over 25 years' experience of working with Children and Families as a social worker, Children's Guardian, Independent Consultant and as manager of a therapeutic and assessment team for a child-care organisation. I have experience and training in working with children and adults with disabilities, and have particular interest and training in issues relating to Autism. I have written 100's of reports and statements for the family courts in England and Northern Ireland, and am experienced in giving evidence to the Court at all levels.

Assessment of Attachment in Children and Adults

In addition to my experience in Social Work, I have 20 years of further psychological training, research, and study (to PhD level), in the field of parent-infant mental health. My training and accreditation includes administering and classifying the Adult Attachment Interview (DMM-AAI), the CARE-Index, the Parent Development Interview (Reflective Functioning Scale), and the School Age Assessment of Attachment (SAA). I have also developed and researched the Meaning of the Child Interview (MotC), and have been licenced to teach Child Assessment of Play and Attachment (CAPA: also known as narrative story stems, www.the-capa.com). I have longstanding experience of using all these in assessment and intervention with children and families and supporting others to do the same.

Publications

Peer Reviewed Literature and Book Chapters

- # Crittenden, P. M., Farnfield, S., Landini, A., & Grey, B. (2013). Assessing attachment for family court decision-making: A forensic protocol for empirically-based evidence regarding attachment. *Journal of Forensic Practice*, 15(4).
- # Grey, B and Farnfield, S (2017a), The Meaning of The Child Interview (MotC) – A new procedure for assessing and understanding parent-child relationships of ‘at risk’ families’, *Clinical Child Psychology and Psychiatry*, Vol: 22.2
- # Grey B and Farnfield S (2017b), The Meaning of the Child Interview (MotC) - The initial validation of a new procedure for assessing and understanding the parent-child relationships of ‘at risk’ families, *Journal of Children’s Services*, Vol 12:1
- # Grey B. and Gunson J (2019) Invisible Children? How attachment theory and evidenced-based procedures can bring to light the hidden experience of endangered children, in Bunston W and Jones S. (Eds.) *Supporting Vulnerable Babies and Young Children: How to Work with Complex Challenges*. UK: Jessica Kingsley Publishers
- # Grey, B., Dallos, R., & Stancer, R. (2021). “Feeling ‘like you’re on ... a prison ship” – Understanding the caregiving and attachment narratives of parents of autistic children. *Human Systems: Therapy, Culture and Attachments*: <https://doi.org/10.1177/26344041211000202>
- # Crittenden, P. M., Landini, A., Spieker, S. J., & Grey, B. (2021). Using parental attachment in family court proceedings: DMM theory about the Adult Attachment Interview. *Child Abuse Review*, 30(6). <https://doi.org/10.1002/car.2730>
- # Spieker, S. J., Crittenden, P. M., Landini, A., & Grey, B. (2021). Using parental attachment in family court proceedings: an empirical study of the DMM-AAI. *Child Abuse Review*. 30(6). <https://doi.org/10.1002/car.2731>
- # Howe, L., Grey, B. and Dickerson, P. (2022), The early and later-life care experiences of individuals using short-term homeless services: an attachment-informed interpretative phenomenological analysis. *Mental Health and Social Inclusion*. Vol. 26 No. 4, pp. 363-373. <https://doi-org.roe.idm.oclc.org/10.1108/MHSI-12-2021-0088>
- # Dallos, R., Grey, B., & Stancer, R. (2022). Anger without a voice, anger without a solution: Parent–child triadic processes and the experience of caring for a child with a diagnosis of autism. *Human Systems: Therapy, Culture and Attachments*. 0(0) <https://doi.org/10.1177%2F26344041221115255>
- # Ash, Z., & Grey, B. (2022). “I feel ... I need to defend myself”: Exploring the influence of social worker’s attachment history on the social worker-client relationship. *Human Systems: Therapy, Culture and Attachments*. 0(0) <https://doi.org/10.1177/26344041221115940>
- # Barrow, V., Grey, B., & Essau, C. A. (2022). “I am not exaggerating, literally a monster ... a Jekyll and Hyde type thing”: Understanding the lived experience of adoptive fathers whose children display violence and aggression’. *Human Systems: Therapy, Culture and Attachments*. 0(0) <https://journals.sagepub.com/doi/10.1177/26344041221123513>
- # Drzymala, H., Grey, B., & Fowler, N. (2022). Exploring the triadic parent–child–sibling relationship: How do mothers’ view of their children impact sibling relationships? *Human Systems, therapy, culture and Attachments*, 0(0). <https://doi.org/10.1177/26344041221145619>

Pre-publication Manuscripts

- # Grey, B. (in press), Beyond Sensitivity: Understanding caregiving compromises in adverse contexts using the Meaning of the Child Interview, in Chrzastowski, Symon & Vetere, Arlene eds. *Safety, danger, and protection in the Family, Community, and the World - A systemic and attachment-informed approach*. London and New York: Routledge
- # Grey, B. (in press), Forward, in O’Shaughnessy R, Berry K, Dallos R, and Bateson K. *Attachment across the life cycle: Concepts and applications*. London and New York: Routledge
- # Zhang, F, Farnfield, S, Gibson, E., Grey, Ben (in preparation). *Comparing diagnosis of child PTSD with a doll play assessment of developmental trauma*. Manuscript in Preparation
- # Langer, M., Rose, S., Grey, B. (in preparation). Attachment Strategies in Fiction. Manuscript in preparation

Professional Publications

- # Grey, B (1997), *'Just Therapy? Can Therapeutic Social Work be Truly Anti Oppressive'*, Surbiton: Social Care Association (SCA)
- # Grey, B (2001) 'Called to Account', *Family Law Journal*, No. 12, December
- # Grey, B (2001) 'On the wrong side of the law', *Community Care*, 18th November, concerning CAFCASS and the role of Children's Guardians
- # Grey, B (2002) 'Turning the Clocks back – Could CAFCASS' current crisis have been avoided?', *Representing Children*, Vol. 14, No. 4
- # Grey, B (2003) 'Can CAFCASS change? Reflections on the Report of the Inquiry into CAFCASS by the House of Commons Select Committee of the LCD', *Seen and Heard*, Vol. 13, no. 2
- # Grey, B (2005) 'Attachment Theory – A Family Court Practitioner's Tool? Foundations', *Representing Children*, Vol. 18:1
- # Grey, B (2005) 'Long-Term Fostering or Adoption? A Research Review', *Seen and Heard*, Vol. 15, no. 4
- # Grey, B (2006) 'Attachment Theory – A Family Court Practitioner's Tool – Developing an Attachment Minded Practice', *Representing Children*, Vol. 18:2
- # Grey, B (2007) 'Attachment in Adults: A Useful Concept in Family Court Proceedings', *Seen and Heard*, Vol. 17, no. 3
- # Grey (2017) 'The Meaning of the Child to the Adoptive Parent: Understanding the Contribution of the Parent to the Parent-child relationships in Adoption', *Seen and Heard*, Vol. 27:2

Academic Posters and Dissertation

- # Crittenden P., de Mille A., de Mille P., Grey, B., and Landini, A., (July, 2010). "Assessing attachment for family courts: A protocol for empirically-based evidence on attachment for family courts." Paper presented at the 3rd National research Conference on Child and Family Programs and Policy. Bridgewater, MA". Also presented at the 2nd Biannual Conference of the International Association of Attachment in Cambridge, August 2010
- # Crittenden P., Grey, B. (2010) 'Assessing Parental Competence in Family Court Proceedings using the DMM-AAI' Poster presented to the 2nd Biannual Conference of the International Association of Attachment in Cambridge, August 2010
- # Grey B (2010) 'The Meaning of the Child in Parenting Interviews: A comparative study using the Parent Development Interview and the CARE-Index', Poster and seminar presented to the 2nd Biannual Conference of the International Association of Attachment in Cambridge, August 2010
- # Grey B. (2014) 'The Meaning of the Child to the Parent: The Development and Validation of a new method of classifying parenting interviews for the nature of the parent-child relationship', PhD thesis, London: University of Roehampton
- # Grey, B (2014), 'The Meaning of the Child to the Parent – An Inter-subjective Approach to Assessing Representations of Caregiving', Poster presented at the World Association of Infant Mental Health Conference, Edinburgh, June 2014
- # Grey, B and Gunson, J (2014), 'What's Missing? Can a multi-disciplinary approach to using attachment theory and evidenced-based procedures make visible the gaps in protecting children highlighted by serious case reviews?' Poster/workshop at the World Association of Infant Mental Health Conference, Edinburgh, June 2014.